

What is claimed is:

- Sub
A1
1. In a self-administered back massage applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating establishing said leaning contact between said massaging device and a selected back area of said individual comprising the steps of:
 - A. using as a site for a back massage a door frame having walls bounding a doorway;
 - B. positioning said massaging device in straddling relation to a vertically oriented rectangular strip disposed along a wall of said door frame normally serving as a stop for a pivotal traverse of a door mounted in said doorway; and
 - C. instructing an individual to assume a position in said doorway in leaning engagement against said positioned massaging device;whereby bodily movements while maintaining said engagement provides a self-administered back massage.